

DEPARTMENT OF THE ARMY
HEADQUARTERS AND HEADQUARTERS DETACHMENT
27th TRANSPORTATION BATTALION (MC)
UNIT 27973
APO AE 09096

AETV-SCS-MI

1 March 2004

MEMORANDUM FOR RECORD

SUBJECT: Policy Letter #13, Weight Control

1. I will enter all soldiers who fail to maintain the appropriate standards of weight and body fat composition outlined in AR 600-9 into the weight control program, and flag them as well in accordance with the same regulation.
2. Concurrent with enrollment, I will request that the soldier receive a physical from the Troop Medical Clinic to ensure the weight gain is not medically related. The soldier will also receive a nutritional education session upon availability.
3. The Weight Control NCO will ensure that all soldiers enrolled in the weight control program are weighed monthly, that all information is properly documented IAW AR 600-9, and that they are afforded the opportunity to attend company physical fitness on a regular basis.
4. Soldiers enrolled in the Weight Control Program will take a monthly diagnostic Army Physical Fitness Test until they comply with the Army standards of weight and body fat composition.
5. "SHOOTERS, SHOOT TO KILL!"

WARREN C. FISHER
CPT, TC
Commanding